

# East Hampton Senior Center

105 Main Street-East Hampton, CT 06424

Phone: 860-267-4426 Fax: 860-267-7682

Hours of Operation: Monday-Thursday: 8:30am-4:00pm

Friday: 9:00am-4:00pm

Website:

[http://www.easthamptonct.gov/Pages/EastHamptonCT\\_Senior/index](http://www.easthamptonct.gov/Pages/EastHamptonCT_Senior/index)

Email: [seniorcenter@easthamptonct.gov](mailto:seniorcenter@easthamptonct.gov)

Volume 7 Issue 4

Newsletter Date:

September/October  
2016



**CLOSED,  
Monday,  
September 5th  
Labor Day**

**No  
Senior Club Meeting  
in  
September**

## Seniors GOT Talent SHOW!

September 20th  
12:45pm –Sr. Ctr.

Just for Fun! Come support your friends as they compete in the East Hampton Seniors Got Talent Show! Join for fun, friendship and light refreshments .



*As one goes through life, one learns that if you don't paddle your own canoe, you don't move.*

**Katherine Hepburn**



Please enjoy your coffee and treats in the Sr. Café area. We are trying to preserve our rugs. If you must have a hot or cold beverage with you throughout the senior center we ask that you get a cup/mug with a lid on it. Help us help our rugs. Thank you in advance for your cooperation.

*Every 13 seconds, An older adult is seen in the emergency department for a fall related injury. Many falls are preventable.*

**September 22nd  
Fall Prevention  
Awareness Day  
10:00am  
Tai Chi  
Demonstration**

**T'AI CHI** 12-week Class,  
Tuesdays, 4:30 to  
5:30pm, September 20-  
December 6th. \$40.00.  
Payment due prior to  
class. Class is limited to  
the first 15 who pay for  
the class.



## Intergenerational Ice Breaker

September 23rd  
10:30 am Come mix and  
mingle , Fun and Games.  
\*\*\*\*\*

## 4Fun Band 1pm

The 4 Fun Band members have been playing their brand of rock, doo wop, and country together since 2000. Sign up to reserve your seat for a fun filled afternoon.

Friday, September 23, 2016



**COMICON**

is Back....Saturday,  
September 17th...check it  
out ... For more info go to  
page 3



**The Connecticut Energy Program begins in November. Applications will be completed by appointment at the East Hampton Senior Center, starting September 13th. You need to bring the following documents : Proof of income; SS monthly amount, pension or last 30 days of employment stubs, proof of mortgage/rent, utility bill, proof of current bank accounts incl. CD's, IRA's stocks and bonds.**

### WHY SHOULD I PRE-REGISTER?

Often, in the newsletter, you will be asked to register/sign-up at the Reception Desk. It is important that you do so for several reasons:

1. We sometimes cancel a program/trip due to low registration. If you are interested and do not sign up, you might miss out on the program/trip that you are interested in.
2. If a program/trip is cancelled and you are not registered we will not notify you and you may come to attend a program that was cancelled.
3. Instructors often ask for a number of registrations in order to prepare handouts.
4. Room assignments are made according to the size of the group. If we do not know you are coming we might not select the room to accommodate everyone.

Please help us to help you and register/sign-up at the Reception Desk for programs/ trips you are interested in.

### Build a Bear for people in Need!

#### Sojourn Bears on Wednesday mornings 10am

Sojourn Bears are for adult patients getting their first chemo treatment. We make smaller bears for children and others, too! Join the fun!

### Exercise video on Thursdays thru September,

Sit & Stretch Class is offered Tuesday & Thursday 10am to 11am

Cindy returns on Tuesdays, beginning Sept. 20th!!

**Bridge** is offered Friday afternoons, at 12:30pm. New members are welcome! Please see a staff member for more information.



The Belltones handchimes and choral group start rehearsing September 21st at 12:30pm & 1:30 respectively.

They are always seeking new members with the love of music in their hearts. Please see a staff member if you are interested.

**Genealogy: Fridays, September 30th & October 28th @ 10:00am**  
Meet with Brian, see if he may help you with your family tree



### Blood Pressure Screenings

Monday September 19th .

October 3rd & 17th-  
**10:30am-11:30am.**

No appointment necessary.  
Sponsored by Chatham Health District

### BINGO

Bingo  
Tuesdays at 12:45pm.  
We offer a wide variety of games.  
Cash prizes and food prizes available!  
Play up to 5 cards!



### Knitting and Crocheting Circle

Friday afternoons,  
1:00-3:00pm Bring your own project to work on. Free advice and lots of camaraderie!



### BIBLE STUDY

1:00PM

TUESDAYS  
New members  
Welcome!

### Open Art Studio:

Wednesday

10:00am to 12:30pm

If you are interested in joining this group contact Dawn Tyler at the Center



### Setback

12:30-3:00pm.

#### Thursdays

No partners necessary, Partners are established day of the game. (depending on who is here!)



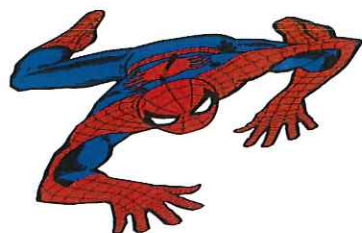
**Dial-A-Ride:** transportation is provided to the Town by Middletown Area Transit. If you no longer drive but want to "get places" pick up an application at the Senior Center.

There is a \$2.00 charge for a one way trip (\$4.00 per round trip).

For more information call the Senior Center or Dial-A-Ride @ MAT 860-347-3313.

*Adopt-A-Senior Rider program is available to income eligible residents. This program is sponsored by the East Hampton Village Lions Club. They provide bus tickets at no cost to those eligible. See Jo Ann at the Center for more info.*





**Coming Saturday, September 17th 10am to 4pm. The East Hampton Public Library, Senior Center and Parks & Recreation will sponsor Comic Con. The Comic Extravaganza:** The Senior Center will sponsor traditional board games and Zombie Terrariums and East Hampton Celebrity Puzzles. Lunch for a small fee will be provided by the Lucky Goat!  
**SIGN UP NOW.**



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

The YMCA Yoga program will continue at the Senior Center: **Mondays @ 1:45pm**  
The program meets for 5 weeks, costs \$25.00 per program per session.\*  
**Tuesday & Thursday, beginning September 13 & 15 11am to 12pm Toning & Strengthening class will be offered. Cost to be determined\*\***

\*Free for YMCA members and/or if you are a Silver Sneakers member. Please ask the staff for more information. \*\*Need to bring your own hand weights.

#### ArT with KaReN

This is a beginners Art Class in acrylics. No experience needed. Come explore another way to express yourself!  
Wednesdays, September 14th and September 28th. & October 19 & 26, 1:15- 3:15 There is a \$5.00 materials fee, for each new project.

Come join the **Intergenerational Ice Breaker Games** with a homeschooling group at **10:30 on Friday, September**

Women In Conversation @ 11am on Wednesdays and  
Men Can and Do Talk @ 10am Wednesdays starting September 7th.  
These are open meetings, for more information please speak with Jo Ann or Diane.

T'ai CHI 12-week Class, Tuesdays, 4:30 to 5:30pm, September 20-December 6th. \$40.00. Payment due prior to class. T'ai Chi is a great way learn better balance techniques! Class is limited to the first 15 who pay for the class.

#### **ADVENTURE TO NEW HORIZONS...WHY TRAVEL?**

provides a path to a healthy aging

One survey shows that after being on vacation for only a day or two, 89 percent of people are able to leave the stressors of work behind and relax. This has long-term effects, as stress has been shown to play a damaging role in health and can actually speed up the aging process. □ According to Dr. Paul Nussbaum, Ph.D., ABPP, president and founder of the Brain Health Center, Inc., "Because it challenges the brain with new and different experiences and environments, travel is an important behavior that promotes brain health and builds brain resilience across the lifespan." The physical and mental activities commonly associated with travel have important health and social benefits. □ Older adults who are physically active have lower rates of heart disease, high blood pressure, stroke, diabetes, cancers, lower risk of falling, and better cognitive function. □ Ordinary activities, such as listening to the radio, reading newspapers, playing puzzle games and visiting museums, have been shown to reduce the risk of Alzheimer's by as much as 47 percent. □ Maintaining or initiating social participation in later life has been shown to have positive benefits on the mental health of older adults

Global Coalition on Aging, 2013



Travel process ...

Sept 6-8th **Martha's Vineyard**

Thursday, November 10th, **Plimouth Plantation**, stop to see the 'Rock', enjoy a traditional **Thanksgiving Buffet at The Plantation**. The year is 1627, experience the recreation of daily life of these early colonists & the native Wampanoag. **It is living breathing history.....**  
cost \$91.00, final payment due





## SEPTEMBER 2016

### SPECIAL EVENTS

#### Commission On Aging

September 8, 2016 **4:00 pm**  
East Hampton Senior Center.  
Open to the public.  
Transportation is available  
upon request.

**Monday, September 19  
2016 @10:30am**



Get ready to exercise your brain  
matter and challenge those  
around you.

#### Brain Games

#### REFLEXOLOGY:

Friday, September 2nd  
and 16th \$10.00 per 15  
minute session Pay the day  
of session. Please call  
certified reflexologist Susette  
Christiansen to make your  
appt. @ 860-334-9255.



#### MEDICARE SERIES IN SEPTEMBER & OCTOBER

Medicare 101 Laura Crews  
Senior Resources September  
12 @ 1:00pm

Sept. 19 Medicare Seminar,  
1pm

Sept. 26 Medicare Seminar  
1pm

October 17th, Medicare  
Seminar, 12:30pm

Please sign-up if you are  
planning to attend.

### TRIPS

**September 27, 2016**

#### Greenwood Glass Studio & Demo

9:00am Leave Sr.Ctr.

10:00am Demo

12:00 lunch @ Log Cabin

\$24.00... admission and

\$3.00 suggested  
transportation donation

#### **Let's Do Lunch...**

Chili's Restaurant in  
Glastonbury 11:30-2:15.

September 14th, 2016



#### Cromwell Shopping,

Friday, September 2, 2016  
12:30pm. \$3.00 suggested  
transportation donation.

**BIG E--** Wednesday,  
September 21st,  
Connecticut Day.

Big E tickets and bus ride  
\$17.00. Limited  
seats/tickets. Departure  
**8:30am!**

#### **Hebron Harvest Fair**

Friday, September 9,  
12:30-4pm Admission Free,  
+ transportation donation.

**Monday, September 12,  
2016 , 12:45pm**



### ACTIVITIES



#### September Birthdays

**12-1:00pm**

**September 26th** babies, let us know  
it's your birthday! Come celebrate !

**Monday, September 26 at 12:00pm.**

If you celebrated your birthday in  
September we'll send you an invite to our  
Birthday Party.

This luncheon is a bring a potluck dish to  
share. Let us know what you'll be bringing!  
Don't want to cook, bring a friend and they  
can cook! Let us know who is coming and  
what they are bringing.

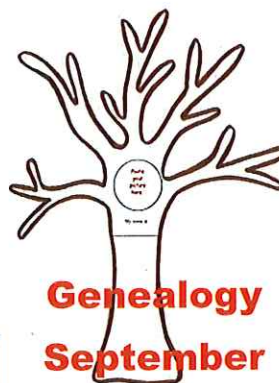
Book Club is back...Tuesday,  
September 13, 2016 @ 11:00am.  
Welcome Back! September's book:  
Circling the Sun



**Travel Committee meeting 2pm  
Thursday September 22nd.**

**Talent Show rehearsal is Friday,  
September 16th at 10:30**

**We Got Talent Show Tuesday,  
September 20th @ 12:45pm.**



**Genealogy  
September  
30th**

**10:00am**

#### **Fall Prevention Awareness Day**

September 22,  
2016, 10:00pm

T'ai Chi  
Demonstration

Tom Cushing will  
present on the  
benefits of  
balance exercises.



## OCTOBER 2016

### SPECIAL EVENTS

#### Senior Center Meeting October 3rd.

12:45 – 1:15 Business as usual.

1:15 Special presentation by Dr. Chris

on: "Acupuncture & Chinese Medicine: Health for Life" This lecture discusses the oldest medical system in the world and how you can restore health naturally and successfully. It describes the different diagnosis methods such as tongue, pulse and palpation as well as the use of all the tools of Chinese medicine including acupuncture, massage, and herbal medicine. Chris will also present the modern research which proves it is a powerful system for restoring health and how it can apply to keeping you healthy and disease free.

#### **Commission On Aging Mtg**

October 13, 2016 4:00pm East Hampton Senior Center. Open to the public. Transportation is available upon request.

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### BRAIN GAMES

#### **EXCLUSIVELY TAILORED FOR YOU!**

**Monday, October 17th  
@ 10:30am.**

**Muffins provided by  
Marlborough  
Healthcare**

**Sign up in Activity Book**



Travel Committee: October  
27th @ 1pm.

### TRIPS

#### Cromwell Shopping:

Friday, October 7th,  
12:30pm to 4:00pm.

WalMart, Kmart, etc. Let the driver know where you would like to shop!

\*\*\*\*\*

Let's Do lunch;  
On the Rocks 11:00  
October 18th

#### **Sunday, October 16th**

#### **Pirates of Penzance**

**Gilbert & Sullivan's  
most popular show!@  
Valley Regional High  
School in Deep River.**

**Discounted tickets  
available @ \$24.00pp +a  
suggested  
transportation donation  
of \$3.00**

**1:00pm departure**



**Mystery Trip,  
Wed. October**

**26, 2016 9:30am Lunch  
On You @Guilford  
Mooring, \$9.00  
admission and bus.**

**Monday, October 24th  
@12:45 pm.  
Movie Day**



**Genealogy  
10am Friday  
October 28th  
Sign up in  
the Activity  
Book.**



### October

#### **Birthdays** will be

celebrated on October 31st!with dinner by CW Resources at 12noon. Costumes suggested, Let us know its your birthday and we will invite you to lunch , and celebrate with cake and ice cream!

Guests are welcome but please sign up for lunch in advance and suggested \$2.00.donation for



#### Halloween Hop to follow

**Birthday Party at 1:15pm. Wear your costume, bring a refreshment and your dancing shoes! Come have fun with our D.J. and comedian! Be sure to sign up!**

**REFLEXOLOGY** October 7th & 21st.  
\$10.00 per 15 minute session Pay day of session. Please call certified reflexologist Susette Christensen to make your appt. @ 860-334-9255.

**The Yale Spizzwinks Sat. Oct. 15 @ 12noon at the Portland Rehab and Care. BBQ lunch @12. Call 860-346-0370 by 10/7 to say you are coming.**

Book Club, Tuesday, Oct 11 @ 11am.



Medicare Open Enrollment is October 15th –December 7, 2016. Choices Volunteers are available to explain

#### **Wednesdays**

**10:00am**

**Men Can and Do...Talk**

**Women in Conversation 11:00am**